



# 18. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2016

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Faulunger Muskrücken

□□□: 14:59:28

□□: 106

□□: 11.21 km/h  
□□□□: 5:20 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 102 (of 230)

□□□□□□: 10:30:45

□□□□:

□□□□□: 84(of 143)

Männerstaffel

□□□□□□□: 10:30:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:33:49	5:19	85	30:21	124	30:21	17.60	1:33:49	5:19	85	30:21	124	30:21
Schildwiese	18.60	1:53:40	6:06	139	44:47	212	45:36	36.20	3:27:29	5:43	135	1:13:33	193	1:13:33
Neuhaus	16.00	1:32:29	5:46	114	33:12	154	33:12	52.20	4:59:58	5:44	130	1:46:11	188	1:46:11
Masserberg	17.30	1:47:42	6:13	134	42:58	200	42:58	69.50	6:47:40	5:51	136	2:27:23	200	2:27:23
Allzunah	17.90	1:27:15	4:52	29	19:09	37	19:15	87.40	8:14:55	5:39	119	2:43:56	159	2:43:56
Grenzdler	20.00	1:28:40	4:26	27	16:33	37	16:33	107.40	9:43:35	5:26	99	3:00:29	128	3:00:29
Neue Ausspanne	13.70	1:05:28	4:46	37	16:02	43	16:02	121.10	10:49:03	5:21	88	3:16:31	111	3:16:31
Kleiner Inselsber	13.90	1:19:55	5:44	99	31:02	140	31:02	135.00	12:08:58	5:23	92	3:46:01	113	3:46:01
Hohe Sonne	18.90	1:38:33	5:12	82	26:55	116	29:01	153.90	13:47:31	5:22	89	4:12:49	111	4:12:49
Hörschel	15.00	1:11:57	4:47	50	21:39	61	21:39	168.90	14:59:28	5:19	84	4:28:43	102	4:28:43